Bio

Dr. Rachel Manber is a behavioral sleep medicine specialist. She specializes in non-drug treatments of sleep problems in adults, youth, children, and infants. She has provided cognitive behavioral therapy (CBT) for patients with insomnia and other sleep disorders for more than 20 years. Dr. Manber has a special interest in the treating patients who have chronic long standing sleep difficulties, including those who wish to stop taking sleep medications.

CLINICAL FOCUS
• Cognitive Behavioral Therapy for Insomnia
• Sleep difficulties in children and teens
• Adjustment to CPAP
• Behavioral Sleep Medicine
• Sleep Medicine

ACADEMIC APPOINTMENTS
• Professor - Med Center Line, Psychiatry and Behavioral Sciences
• Member, Wu Tsai Neurosciences Institute

PROFESSIONAL EDUCATION
• PhD Training: University of Arizona (1993) AZ
• Board Certification: Sleep Medicine, American Board of Sleep Medicine
• Internship: University of Washington School of Medicine (1993) WA
• PhD, University of Arizona, Clinical Psychology (1993)

COMMUNITY AND INTERNATIONAL WORK
• Dissemination of CBT for Insomnia

LINKS
• Stanford Sleep Health and Insomnia Program: http://insomnia.stanford.edu/
Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

1) Insomnia during pregnancy
2) Acupuncture for chronic low back pain

CLINICAL TRIALS

• Stanford Center for Back Pain, Recruiting
• Acupuncture and Massage for Depression During Pregnancy, Not Recruiting
• Acupuncture for Sleep Disruption in Cancer Survivors, Not Recruiting
• Combining Antidepressant Medication and Psychotherapy for Insomnia to Improve Depression Outcome, Not Recruiting
• The RESTING Insomnia Study, Not Recruiting
• Treatment for Insomnia During Pregnancy, Not Recruiting
• Treatments for Insomnia: Mediators, Moderators and Quality of Life, Not Recruiting
• TRIAD - Treatment of Insomnia and Depression, Not Recruiting

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

• Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

• Too Long, Too Short, or Too Variable? Sleep Intraindividual Variability and Its Associations With Perceived Sleep Quality and Mood in Adolescents During Naturalistically Unconstrained Sleep SLEEP
  Bei, B., Manber, R., Allen, N. B., Trinder, J., Wiley, J. F.
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• Are Patients with Childhood Onset of Insomnia and Depression More Difficult to Treat Than Are Those with Adult Onsets of These Disorders? A Report from the TRIAD Study JOURNAL OF CLINICAL SLEEP MEDICINE
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• Objective and subjective sleep during pregnancy: links with depressive and anxiety symptoms. Archives of women's mental health
  Volkovich, E., Tikotzky, L., Manber, R.

• Effects of Cognitive Behavioral Therapy for Insomnia on Suicidal Ideation in Veterans SLEEP
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• Treatment Plans and Interventions for Insomnia: A Case Formulation Approach
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• A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia *SLEEP*
  Ong, J. C., Manber, R., Segal, Z., Xia, Y., Shapiro, S., Wyatt, J. K.
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• National Dissemination of Cognitive Behavioral Therapy for Insomnia in Veterans: Therapist- and Patient-Level Outcomes *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Karlin, B. E., Trockel, M., Taylor, C. B., Gimeno, J., Manber, R.
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• Improving sleep with mindfulness and acceptance: A metacognitive model of insomnia *BEHAVIOUR RESEARCH AND THERAPY*
  Ong, J. C., Ulmer, C. S., Manber, R.
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• PATIENT TREATMENT PREFERENCE AS A PREDICTOR OF RESPONSE AND ATTRITION IN TREATMENT FOR CHRONIC DEPRESSION *DEPRESSION AND ANXIETY*
  Steidtmann, D., Manber, R., Arnow, B. A., Klein, D. N., Markowitz, J. C., Rothbaum, B. O., Thase, M. E., Kocsis, J. H.
  2012; 29 (10): 896-905

• Dissemination of CBTI to the Non-Sleep Specialist: Protocol Development and Training Issues *JOURNAL OF CLINICAL SLEEP MEDICINE*
  2012; 8 (2): 209-218

• An e-mail delivered CBT for sleep-health program for college students: effects on sleep quality and depression symptoms. *Journal of clinical sleep medicine*
  Trockel, M., Manber, R., Chang, V., Thurston, A., Taylor, C. B.
  2011; 7 (3): 276-281

• CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes *JOURNAL OF CLINICAL SLEEP MEDICINE*
  Manber, R., Bernert, R. A., Suh, S., Nowakowski, S., Siebern, A. T., Ong, J. C.
  2011; 7 (6): 645-652

• An E-mail Delivered CBT for Sleep-Health Program for College Students: Effects on Sleep Quality and Depression Symptoms *JOURNAL OF CLINICAL SLEEP MEDICINE*
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• Acupuncture for Depression During Pregnancy A Randomized Controlled Trial *OBSTETRICS AND GYNECOLOGY*
  2010; 115 (3): 511-520

• Maternal subjective sleep quality and nighttime infant care *JOURNAL OF REPRODUCTIVE AND INFANT PSYCHOLOGY*
  Gress, J. L., Chambers, A. S., Ong, J. C., Tikotzky, L., Okada, R. L., Manber, R.
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  Manber, R., Edinger, J. D., Gress, J. L., Pedro-Salcedo, M. G., Kuo, T. F., Kalista, T.
• Depression symptoms during pregnancy  ARCHIVES OF WOMENS MENTAL HEALTH
  Manber, R., Blasey, C., Allen, J. J.
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• Characteristics of insomniacs with self-reported morning and evening chronotypes. Journal of clinical sleep medicine
  Ong, J. C., Huang, J. S., Kuo, T. F., Manber, R.
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• Cognitive behavior therapy for chronic insomnia occurring within the context of medical and psychiatric disorders  CLINICAL PSYCHOLOGY REVIEW
  Smith, M. T., Huang, M. I., Manber, R.
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  2003; 33 (4): 693-702

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  Lee, J. J., Shen, L., Neemia, D., Fulgoni, C., Manber, R., Bei, B.
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• THE THERAPEUTIC RELATIONSHIP MATTERS: WORKING ALLIANCE QUALITY AS A PREDICTOR OF POST-TREATMENT INSOMNIA SEVERITY IN COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)
  Robertson, K., Mogharreban, N., Seeman, S., Simpson, N., Asarnow, L., Rangel, E., Manber, R.
  OXFORD UNIV PRESS INC.2018: A151–A152

• SLEEP COMPLAINTS, REGARDLESS OF INSOMNIA DISORDER, ARE ASSOCIATED WITH WORSE SLEEP AND MENTAL HEALTH OUTCOMES DURING LATE PREGNANCY.
  Lee, J., Shen, L., Neemia, D., Fulgoni, C., Manber, R., Bei, B.
  OXFORD UNIV PRESS INC.2018: A138

• PREDICTORS OF INITIATION AND ATTENDANCE IN COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I) AMONG LATINA AND NON-LATINA CAUCASIAN PREGNANT WOMEN
  Rangel, E., Simpson, N., Asarnow, L., Manber, R.
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• THE EFFECTS OF CBTI plus TIPS ON MATERNAL COGNITIONS ABOUT INFANT SLEEP AND INFANT NIGHTTIME SLEEP DURATION
  Seeman, S., Asarnow, L., Roberston, K., Rangel, E., Simpson, N., Manber, R.
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• INFLUENCE OF PRE-SLEEP POSITIVE AFFECT ON NEXT-MORNING ENERGY
  ten Brink, M., Quoidbach, J., Taquet, M., Gross, J., Manber, R.
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• COGNITIVE BEHAVIORAL THERAPY IS EFFECTIVE FOR INSOMNIA DURING PREGNANCY: A RANDOMIZED CONTROLLED TRIAL IN AN ETHNICALLY DIVERSE SAMPLE
  Manber, R., Bei, B., Norah, S., Asarnow, L., Rangel, E.
• A BRIEF, AUTOMATED COGNITIVE BEHAVIORAL PROGRAM PREVENTS SLEEP DISTURBANCE AND INSOMNIA IN LATE PREGNANCY: A RANDOMIZED CONTROLLED TRIAL
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• INFANT SLEEP LOCATION AND ASSOCIATION WITH MATERNAL AND INFANT SLEEP IN LATINA AND NONLATINA FAMILIES
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• WHERE YOU SLEEP IS MORE IMPORTANT THAN WHAT YOU DO THERE: RELATIONSHIPS BETWEEN SLEEP ENVIRONMENT AND INSOMNIA SEVERITY DURING PREGNANCY
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• DAYTIME INSOMNIA SYMPTOMS NEGATIVELY PREDICT ANHEDONIA IN PATIENTS WITH COMORBID MAJOR DEPRESSIVE DISORDER AND INSOMNIA DISORDER
Osorno, R. A., Kaplan, K., Krystal, A., Buysse, D., Edinger, J., Manber, R.
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• CBT-I ENHANCES DEPRESSION OUTCOME AMONG INDIVIDUALS WITH EVENING CHRONOTYPE
Asarnow, L. D., Bei, B., Krystal, A., Buysse, D. J., Thase, M. E., Edinger, J. D., Manber, R.
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• Treating Insomnia in Depression: Insomnia Related Factors Predict Long-Term Depression Trajectories JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY
Bei, B., Asarnow, L. D., Krystal, A., Edinger, J. D., Buysse, D. J., Manber, R.
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• Effects of Cognitive Behavioral Therapy for Menopausal Insomnia on Depressive Symptoms
LIPPINCOTT WILLIAMS & WILKINS. 2017: 1428–29

• TREATING INSOMNIA IN DEPRESSION: INSOMNIA CHARACTERISTICS PREDICT DEPRESSION TRAJECTORIES DURING TREATMENT AND 2-YEAR FOLLOW-UP
Bei, B., Asarnow, L., Krystal, A., Edinger, J., Buysse, D., Manber, R.
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• Change in Patients’ Interpersonal Impacts as a Mediator of the Alliance-Outcome Association in Treatment for Chronic Depression JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY
Constantino, M. J., Laws, H. B., Coyne, A. E., Greenberg, R. P., Klein, D. N., Manber, R., Roithbaum, B. O., Arnow, B. A.
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• Are Patients with Childhood Onset of Insomnia and Depression More Difficult to Treat Than Are Those with Adult Onsets of These Disorders? A Report from the TRIAD Study. Journal of clinical sleep medicine
Edinger, J. D., Manber, R., Buysse, D. J., Krystal, A. D., Thase, M. E., Gehrman, P., Fairholme, C. P., Luther, J., Wisniewski, S.
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  Kushida, C. A., Nichols, D. A., Holmes, T. H., Miller, R., Griffin, K., Cardell, C., Hyde, P. R., Cohen, E., Manber, R., Walsh, J. K.  
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• SMART DOCS: a new patient-centered outcomes and coordinated-care management approach for the future practice of sleep medicine. *Sleep*
  Kushida, C. A., Nichols, D. A., Holmes, T. H., Miller, R., Griffin, K., Cardell, C., Hyde, P. R., Cohen, E., Manber, R., Walsh, J. K.  
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  Bei, B., Ong, J. C., Rajaratnam, S. M., Manber, R.  
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  Suh, S., Yang, H., Fairholme, C. P., Kim, H., Manber, R., Shin, C.
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• Lessons Learned from the National Dissemination of Cognitive Behavioral Therapy for Insomnia in the Veterans Health Administration: Impact of Training on Therapists' Self-Efficacy and Attitudes *Sleep Medicine Clinics*
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25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)  
Nowakowski, S., WILLETT, E. S., Dowdle, C. L., Suh, S., Ong, J., Siebern, A. T., Bernert, R. A., Manber, R.  
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  Manber, R., Siebern, A. T., Bernert, R.  
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